

DINNERLY



Fan Fave: Chinese Lamb Noodle Stir-Fry with Veggies



20 minutes



2 Servings

This lamb stir-fry is a stellar choice for an easy, speedy weeknight dinner. Flash-fry mince in Chinese spices, then serve on quick-cook noodles tossed with veggies.

WHAT WE SEND

- 100g kale
- 1 carrot
- 150g egg noodles ^{1,3}
- lamb mince
- 5g Chinese barbecue seasoning ^{1,6,17}
- 2 tbs kecap manis ^{1,6,17}

WHAT YOU NEED

- 2 garlic cloves
- 1 tbs vegetable oil
- 2 tsp soy sauce ⁶

TOOLS

- medium saucepan
- medium deep frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Egg (3), Soy (6), Sulphites (17).
May contain traces of other allergens.

NUTRITION PER SERVING

Energy 690kcal, Fat 22.5g, Carbs 88.4g,
Proteins 36.5g



1. Prep ingredients

Bring a medium saucepan of water to the boil for the noodles. Remove the tough inner stems from the **kale**, then coarsely chop the leaves. Peel the **carrot**, then quarter lengthwise and thinly slice. Crush or finely chop **2 garlic cloves**.



2. Boil noodles

Cook the **noodles** in the pan of boiling water for 2 mins or until tender. Drain, then rinse under hot water to prevent the noodles from sticking.



3. Brown lamb

Heat **2 tsp vegetable oil** in a medium deep frypan over high heat. Cook the **lamb mince**, breaking up the lumps with a spoon, for 8 mins or until well browned (see Make it yours). Add the **Chinese barbecue seasoning** and **garlic** and cook, stirring, for 1 min or until fragrant. Remove from the pan.



4. Stir-fry noodles

Heat **2 tsp vegetable oil** in the same pan over high heat. Stir-fry the **carrot** for 2-3 mins until slightly softened. Add the **kale**, **noodles**, **kecap manis** and **2 tsp soy sauce** and stir-fry for 2-3 mins until warmed through.



5. Serve up

Divide the **veggies and noodles** among bowls and top with the **lamb**. Enjoy!



6. Make it yours

If you prefer the cooked lamb to be less juicy, simply drain off the oil after browning before adding the spices to the pan.